

## **NORPLANT® REMOVAL**

### **I. INTRODUCTION**

Norplant® is a subdermal contraceptive insert that is no longer available on the U.S. market. The last insertions were in 2004. However, because the implants are effective for 5 years of use, a few women may still have the implants in place and there exists the possibility that a clinician may be asked to remove Norplant®.

Norplant's® main mode of action is to produce an endometrium that is not receptive to ovum implantation, and cervical mucus that is thick and hostile to sperm. Norplant® may or may not inhibit ovulation via suppression of the gonadotropin surge.

Six silicone rubber capsules were surgically placed subdermally in the client's upper arm during the Norplant® insertion procedure. Each capsule contains 36 mg of dry crystalline levonorgestrel for a total of 216 mg in the 6 capsules. This progestin diffuses through the wall of the capsule into the surrounding tissues where it is absorbed by the circulatory system. This occurs on a continuous basis over a 5-year period.

### **II. NORPLANT® REMOVAL**

Instructions for Norplant® removal are as follows:

- A. Have the client read and sign the informed consent.
- B. Position the client on table with her arm flexed and externally rotated as for the insertion.
- C. Identify position of all 6 capsules; the skin may be marked with a marking pencil.
- D. Prep the skin with Hibiclens® and Betadine®.
- E. Put on sterile gloves and position sterile drapes.
- F. Draw up 6.5 cc 1% Lidocaine.
- G. Anesthetize the site of incision and under the implant tips.
- H. Remove the capsules.
- I. Apply pressure to incision (1-2 minutes).
- J. Apply steri-strips over incision.
- K. Cleanse area with alcohol and apply pressure bandage.
- L. Show all 6 capsules to the client.
- M. Advise the client to avoid heavy lifting and keep the dressing dry for 3 days. After 24 hours, the bandage may be removed and a band-aid should be applied over the steri strips. Signs of bruising may be seen for 3-10 days, and during this time acetaminophen or ibuprofen may be used prn for discomfort.
- N. The client should return in 1-2 weeks for arm check.
- O. If any capsule cannot be removed, a second attempt at removal should be done in 4-6 weeks.
- P. Any "lost" implant may be located with a high frequency (7-10) megahertz, short focus ultrasound.

## REFERENCES

1. Hatcher RA et al. Contraceptive Technology. 19th Revised Edition. Ardent Media, Inc., New York, 2007.
2. Ziemann M , Hatcher RA, et al. A Pocket Guide to Managing Contraception. Bridging the Gap Foundation, Tiger, GA, 2007.
3. ACOG. Precip: Primary and Preventive Care. 3rd Ed., 2004.
4. Norplant® Management Guidelines. 1992.

## CONSENT FOR REMOVAL OF NORPLANT®

I, (print or type name) \_\_\_\_\_, request removal of Norplant® as my family planning method. All my questions have been answered and I have been advised of the risks involved in Norplant® removal. I have considered these factors and voluntarily choose to have the Norplant® capsules removed. It understand that it is my responsibility to seek another method of birth control if I desire.

I understand the following about how Norplant® is removed:

- The process requires that I be able to lie on my back on the examination table.
- After cleaning the removal site on my arm, a local anesthetic is injected.
- A small incision approximately ¼ inch will be made with a scalpel. After healing I may still have a small scar.
- The Norplant® capsules are then separated from the surrounding tissue and removed. In some cases, removal of the capsules may be difficult. A second incision may be necessary to remove all of the Norplant® capsules.
- I may be asked to return in 4 to 6 weeks (after the site has healed) in order to remove the remaining capsules.
- With difficult removals, I may have to be referred to another provider (at my own expense) in order to have all of the capsules removed under anesthesia
- Removals usually take about 20 to 30 minutes.

I will contact my provider if the following warning signs of possible problems develop:

- Redness, pus or bleeding at the removal site
- Swelling, bruising
- Fever
- Reaction to anesthesia

I understand that within 24 hours after removal, most women return to their pre-insertion fertility rate; therefore, another method should be started immediately if I wish to have birth control

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I have reviewed this consent and all my questions have been answered. I voluntarily choose to have the Norplant® capsules removed.

Date: \_\_\_\_\_ Client Signature: \_\_\_\_\_

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Please complete the following if interpretation of informed consent was required:

- An interpreter was offered to the client.

- This form has been read to the client in the client's spoken language.
- Patient's Language (specify): \_\_\_\_\_  
\_\_\_\_\_
- Interpreter Name: \_\_\_\_\_  
(print or type name of interpreter)
- Interpreter Services provided by(agency): \_\_\_\_\_
- Date: \_\_\_\_\_ Interpreter Signature: \_\_\_\_\_

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Staff Use only

By my signature I affirm that:

- The client has read this form or had it read to her by an interpreter.
- The client states that she understands this information.
- The client has indicated that she has no further questions.

Date: \_\_\_\_\_ Staff Signature: \_\_\_\_\_